

OVEN-BAKED SWEET POTATO CHIPS WITH MINT YOGHURT



By Food lovers recipes

OVEN-BAKED SWEET POTATO CHIPS WITH MINT YOGHURT

2 large sweet potatoes
sea salt
freshly ground black pepper
1 teaspoon sweet smoked paprika
olive oil
1 cup Greek Yogurt
2 tbsp ready made mint sauce from a jar
1 tbsp chopped fresh coriander
2 tsp caster sugar
Pinch of ground tumeric

Preheat the oven to 200°C.

Cut each sweet potato in half lengthways, then cut each half in half lengthways, and then each piece in half again so you end up with 8 wedges, then add to a large mixing bowl.

Sprinkle over salt, pepper and paprika.

Drizzle over 2 tablespoons olive oil, then toss everything together to coat.

Spread out into a single layer on baking tray.

Bake in the hot oven for 35 to 40 minutes, or until golden and cooked through.

While sweet potatoes are in the oven prepare the mint yogurt sauce.

Put yogurt, mint sauce, coriander, caster sugar and tumeric in food blender.

Whiz up until well combined

Drizzle over sweet potato wedges before serving.

RECIPE AND PHOTO: Louise Venter